

Premade Routine Decisions For An Ultra Goal



Thinking about potential race situations in advance means you don't actually have any decisions to make when you're cold, wet and tired and your decision making capabilities are seriously compromised.

What are some situations that might occur during your race? Write them down here and study them so you're ready come race-day. Remember that some situations might require multiple actions.

Examples of Pre-made Routine Decisions include:

- I plan to eat every 30 minutes and will set an alert on my watch to remind me.
- As soon as I get to a hill that is longer than [5 minutes]/steeper than [x%] I'm going to stop running, walk and get my poles out.
- I will navigate using my watch, but will have a map and compass as a back up.
- I plan to use my headtorch for the overnight section of the race. If the battery fails I have a backup as well as an emergency headtorch if I'm unable to change the battery.

Now, list some of your own:

Situation: _____

Action(s): _____

Situation: _____

Action(s): _____

Situation: _____

Action(s): _____

Situation: _____

Action(s): _____

Situation: _____

Action(s): _____
